Tips for Preparing Healthier Holiday Meals

1. For a holiday turkey, choose a bird that is not self basted and lower the sodium content and the price. To ensure a moist bird, remove it from the oven when the internal temperature of the breast reaches 170 degrees.

2. Use skim milk instead of whole milk

3. Use olive oil or vegetable oil non-fat spray on vegetables instead of the free pour method which often ends up to be too much

4. Omit butter or margarine from stuffing recipes

5. Flavor mashed potatoes with skim milk, garlic and a small amount of parmesan cheese instead of butter or margarine and whole milk

6. Use ¼ cup of egg white or egg substitute in place one whole egg in recipes

7. For pie crusts, try pre-made graham cracker and ready made pie crusts (they are lower in calories than standard crusts) also try crushed gingersnap cookies (even lower)

8. For making gravy, remove fat from juices using a fat-skimmer cup or a shallow container placed in the freezer - the fat rises to the top (you can save up to 56 grams of fat)

9. Use non-nutritive sweeteners in place of sugar in pie fillings, puddings and cranberry sauce (you can save about 653 calories per cup)

10. Substitute apple or orange juice and cinnamon and omit butter or margarine and marshmallows in candied yams.

11. Green bean casserole can be made with small chunks of potatoes and fat free half -n- half and topped with almonds instead of cream soup.

Eating Healthy During the Holidays

1. Before a party or family event, eat a small, low calorie meal to avoid a big appetite and overeating.

2. When arriving at parties, be social first and talk to friends before heading towards the food table.

3. When choosing foods from a buffet, use a small plate and don't go back for seconds and thirds.

4. If bringing a dish to the party, make a low fat version of a family favorite. This will give you at least one item to choose along with a small portion of other foods that you would like to try.

5. Choose a low calorie, non-alcoholic beverage to save calories. Alcoholic beverages can be high in calories.